

HEALTH AND FITNESS PROFESSIONAL:

Shay Gann- Shay is a mother of 5 and even a grandmother! She chose just a few years ago to improve her lifestyle through healthier living and exercise. She participates daily in running, spinning, and many other healthy activities. She has inspired her children to lead healthy lives, competing in runs with her children on a regular basis. In her pursuit of improving her own health, she discovered a talent for also inspiring others by becoming a personal trainer, fitness instructor, and personal trainer.

What makes Shay the most appropriate candidate for this award is her selfless dedication to teaching, mentoring, and improving the health of others! She recently was a trainer for the "Couch to Creek" half-marathon running group. She went above and beyond to make sure her group was achieving each one of their own individual goals. She made an amazing effort to get to know each of her trainees and listened to their fears and always told them how proud she was of each of them! Her ability to be supportive and challenge her clients to achieve that next level is amazing.

One of Shay's nominators had been diagnosed with a degenerative health condition and was convinced by a friend to join her half-marathon training group. Shay convinced her she was capable of improving her health. She dedicated herself to inspiring her group and through almost constant contact by phone, email, and social media groups, she taught her clients how to cross train, stretch, recover, nurse injuries, maintain a healthy diet, understand the importance of feeding our bodies when and what it needs, maintaining emotional health, the importance of medical health, and the importance of social support! Her nominator stated, "Though this might seem like a big statement, Shay has most likely helped me to live longer and will in turn affect my child's life as well. I cannot think of a person more deserving of this award as she has caused so many others to also live a healthy lifestyle. In a way, she has lived all the obstacles we have lived by learning about us and then discovering how to overcome each one; then teaching the solution to us. I hope that she knows how grateful the entire group is and how immeasurable the gains are from her hard work and relentless dedication."

HEALTH AND FITNESS PROFESSIONAL RUNNERS-UP:

Luke Robison: Luke not only lives his fitness ideals, he has worked actively and tirelessly to communicate the importance of physical fitness and exercise to Columbia's schoolchildren. Over the past seven years Luke has established a series of fitness programs for the children from downtown's Lee Expressive Arts School--and their parents-- that could be adopted as community -wide models. Three examples include: 1) he established a MKT bike-to-trails afterschool club that encourages cycling and responsible biking skills; 2) he developed a intermural basketball program at Lee which plays other elementary schools in the area,

promoting teamwork, competition and fair play; and 3) he created an innovative walk-run program at MU's Stankowski Field, challenging children and their parents to walk or run two miles. This latter program has become so popular, and the value of exercise so clearly understood, that when kids come late their peers will often walk or run another two miles just to keep them company. Luke Robison embodies the ideals of the Mayor's Fitness Award program, and merits this recognition for his outstanding and continuing efforts over many years.

Stacia Reilly- Stacia has been involved in various healthy lifestyle initiatives for over 15 years in one way or another. Trained as a certified health educator, she was the first health educator hired at the Columbia/Boone County Department of Public Health & Human Services and then moved up to become Community Health Promotion Supervisor.

She lead various active living/healthy eating initiatives while at PHHS especially to help with the prevention of childhood obesity: the Active Living by Design project, which was co-chair with PedNet; on the Healthy Kids, Healthy Communities 4 year initiative (2009-2012) focused on creating healthier communities through policy change. The project goal was to identify and implement local policy changes that create healthier environments by making physical activity and healthy food more available, accessible and affordable especially for those at highest risk. She has served on the PedNet Board and the Mayor's Council of Physical Fitness and Health. She helped with the planning and implementation of the annual Bike, Walk and Wheel week, is on the board of the Southern Boone County Learning Garden and has worked with Columbia Public School on their Wellness Committee and the Walking School Bus and with the State Health Department to plan the annual Coordinated School Health Conference and helped to write the Healthy Food Guidelines for PHHS.

Personally, Stacia eats really healthy. You would see her for breakfast with berries and other fruit and yogurts. Oftentimes at lunch she would have a healthy salad. She, along with her husband, Mike, walked their yorkie, Millie, a couple times a day and often walked downtown for events, etc. She donned her exercise clothes at least a couple times each week for an after work work-out. She is now moving into the next phase of her career as she is enrolled in the accelerated nursing program. Stacia Reilly very much deserves of recognition in helping make our community a healthier place to live.

FITNESS:

CoMo Derby Dames: The CoMo Derby Dames have played a pivotal role in promoting female empowerment through community and exercise in the Columbia community since 2007. The Dames are a women's flat track roller derby, skater owned and operated, recreational athletic

league. As one of the few women's contact sports in the area, the notion of positive conduct in a sports setting, diversity in membership, and community involvement are strongly encouraged.

Comprised of women of all ages (as young as 18 and as seasoned as 63) and all walks of life (professors, anthropologists, museum curators, public health professionals, students, registered dieticians, and more), the Dames are committed to promoting physical activity and fitness in a fun, welcoming, and open environment.

When not helping out in the community through a number of philanthropic ventures, the Dames are lacing up their skates for one of their three practice nights. The majority of league members spend three hours at Thursday night endurance practices, three hours on Sunday night scrimmage practices, and often assist with the Dames' beginners course for two hours on Monday nights. Not counting the hours of cross-training activities the Dames participate in outside of scheduled practices, most skaters commit to a minimum of six hours of physical activity on skates per week.

The Dames are so dedicated to their sport and so committed to being in the best physical shape they can be that they spent several nights this summer at the three hour endurance practice, practicing in a space without air conditioning - some nights with the thermostat climbing 90+ degrees.

These women are the epitome of positive physical activity and spend much of their time recruiting other women in the area to try a physical activity outside of their comfort zone. They often joke that roller derby is exercise disguised as fun. Leaving practice drenched in sweat with aching muscles and a smile on your face is not uncommon with the Dames. That becomes your reality when you join up with these amazing women.

The CoMo Derby Dames are committed to healthy lifestyles, physical activity, community, and absolutely deserve to receive an award of this nature.

FITNESS RUNNER-UP:

Paul LaRose: Paul developed Shelter Insurance's new Wellness Program. He originally spearheaded the fitness cause by first developing a voluntary, employee committee to offer suggestions on how Shelter can improve our fitness habits. He started with the development of a one mile course through Shelterland, including the Shelter Gardens. Then he organized our first 5k walk/run on campus. He was also able to convince our cafeteria to offer a salad bar as a menu option. These are just a few examples of his first efforts. After getting some initial

projects started, he created a business plan to develop a wellness program, with the goal of providing a fun, awards-based and educational system to encourage participation.

Shelter chose vendor to assist with the administration and education of the program and the soft launch was made in April of this year. The response has been amazing. We've since had a "Color 5k Walk/Run" with increased participation over the previous event. Paul has coordinated the offering of discounts for FitBits to track activity.

Paul himself is a role model for fitness by living by example!

MENTOR:

Leanne Casey: Leanne started working at Columbia College in May 2011. Since that time, she has been working out every Monday, Wednesday, and Friday, with some swimming thrown in occasionally on Tuesdays and Thursdays. In February 2012, Leanne began coordinate the workouts of some of the contestants in Columbia Colleges 12-week Biggest Loser competition. The workouts were so intense, the sessions became affectionately known as "Leanne's Bootcamp." Did I mention Leanne is a former college athlete for the University of Missouri? To her credit, Leanne never asked her mentees to do anything she didn't require of herself.

At the end of the contest, those who had been training regularly with Leanne continued their 3-times/week workouts. They continued until this past Spring when Leanne became pregnant with her first child. Ever the fitness enthusiast, Leanne simply adapted her workouts, eventually limiting herself and her mentees to cardio exercise. Throughout her pregnancy, you could still find her and her "students" walking during the lunch hour.

Her nominator stated, "I'm sure that as soon as she's able, Leanne, with her new son in a stroller, will be seen walking/jogging around the area near Oakland Park. And, if I know Leanne, she'll be back at Columbia College during the noon hour, well before her official return to work, getting back into her routine of pushing herself and her mentees through the paces of "Leanne's Bootcamp."

MENTOR RUNNERS-UP:

Brent Young: Swim, Bike, and Run, this is the life of a triathlete. Brent and son Brandon, are just this. Living life to the fullest has always been Brent's motto. The amount of encouragement and inspiration that father and son give one another is amazing. Brent has

always had a passion and commitment to physical fitness. He has competed in triathlons for the past fifteen years. He started with, and still competes in many of the local "Ultramax" events. He has also been a member of Wilson's Total Fitness for the past fifteen years.. Like father, like son, the inspiration and strong role model that Brent is, has been passed along to his son, an ambitious 14 year old, who will only get stronger. Following the footsteps of his Dad, the dedication and strong commitment is truly visible. Together, you will find both of them training year round, which never stops. There are times of highs and lows, and when things don't go well, they definitely suffer together, but always depend on each other for encouragement. Not only has my Brent inspired our son the dedication and commitment it takes for a healthier lifestyle and becoming physically fit, I know this will always keep them going back for more and only getting better. Brent's nominator states, "I can truly say, I'm one proud mom and wife!"

Ben Nagy: Ben Nagy is an active member of the bicycling community here in Columbia. He works as a sales person at Walt's Bike Shop, teaches youth bicycle education classes and events hosted by PedNet Coalition, and leads bicycle education courses and themed rides for GetAbout Columbia. He always has such enthusiasm and passion when encouraging people of all ages and abilities to begin cycling.

He's been a great support for PedNet by assisting in their youth bicycle education programs for years including BikePro classes, Bike Brigade and Bike to School Days. The students are always receptive of him with his positive, cheerful attitude. He always arrives (sometimes literally) with bells and whistles on that further excite and inspire the students to learn how to ride a bike. At GetAbout Columbia he leads a handful of classes teaching people of all ages and abilities to how commute safely and legally, bike maintenance courses and he leads a variety of themed rides all over Columbia, both on the trail and the road. He recently helped initiate the first women's mountain biking class which was a huge success! Ben is involved in so many different facets the cycling community from everyday commuting, to advocacy, to racing, to shop rat, he is making a difference by teaching youth and adults how to live an active and healthy lifestyle one bike ride at a time.

SMOKING CESSATION:

Aimee Peatree: Over the past year, Aimee has made some major changes to her life to improve her health and fitness. Not only did she quit smoking in July of this year, she has also set a goal of riding 1,000 miles in a year on her stationary bike. She has had some physical issues that she is trying to overcome in order to do this but did accomplish it! She is motivating to others, participates in weight management classes, and truly has taken an active role in improving her health over the past year!

HEALTHY COMMUNITY PARTNERS:

Boys and Girls Club of Columbia: The Boys & Girls Club of Columbia focuses on Healthy Lifestyles for youth in many different aspects. The first is by making sure that kids don't go hungry! In 2013, the club provided over 35,000 hot healthy dinners and snacks! The second is by encouraging physical fitness. Last year 233 kids participated in physical fitness two times or more per week! The club has built a new facility which includes a playground and full size lighted basketball court to promote exercise. The club also offers special programs such as First Position Dance, Sports Camps, and field trips to make it possible for low income families to participate. The third is by providing evidenced based programs that teach kids about healthy lifestyles. How to avoid drugs, smoking, alcohol, and pregnancy. The club also provides programs also teach kids how to grow, eat, and choose healthy foods.

The Boys & Girls Club served over 400 kids in 2013 and are on track to serve 500 kids in 2014 at 3 different club locations. The Clubs' Mission is to enable and inspire all young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens.

Gabe Huffington: Gabe has been with the City of Columbia since 2008, serving as the Park Supervisor for golf and sports turf and in his current position as parks services manager. In this position, he is responsible for the management and maintenance of 3,000 acres of park land including 78 parks, green spaces, and recreation facilities.

As the parks manager, he has planned, overseen and completed many park improvements and additions. Last year alone saw improvements or additions at Again Street Park, the Armory Sports Center, Douglass Park, Flat Branch Park, Paquin Park, Albert-Oakland Park, the Bear Creek Trail, Cosmo Park, Parkade Park, Brown Station Park, Hominy Creek Trail, Lake of the Woods Pool, Lions-Stephens Park, Stephens Lake Park, Bonnie View Nature Sanctuary, Fairview Park, the MKT Trail, Scott's Branch Trail, Twin Lakes Park, Cosmo-Bethel Park, Greenbriar Trail Connector, Jay Dix Station, the Hinkson Creek Trail Gans Creek Recreation Area, Grindstone Creek Trail, and the Waters-Moss Memorial Wildlife Area. The list of projects to be completed in 2014-2015 is just as impressive.

Our local parks are available to the whole community for sports, recreation, exercise, and enjoying the great outdoors. Without someone like Gabe, we wouldn't all be able to enjoy the benefits of these great outdoor spaces. Gabe's nominator states, "Gabe does an outstanding job keeping our community's parks up to date or better. Without him, we don't have the means to have fun while being healthy."

HEALTHY PERSON OF THE YEAR:

Troy Balthazor is a vital asset to making Columbia a community where people of all ages and abilities can easily commute. He is an ADA specialist for the Great Plains ADA Center, teaches courses on inclusive recreation at the University of Missouri, serves on the executive board for PedNet Coalition, and works closely with the Mid-Missouri Advocacy Coalition, and Chancellors Committee for People with Disabilities. While that list may seem like an impressive endeavor, it's his contagiously positive, modest attitude and the work he does in addition to the aforementioned that showcase why he deserves this award.

While he has been a long-standing board member for Pednet Coalition, last year he became the Vice President and has recently taken on the role of Advocacy Committee Chair as well as serving on the Nominating Committee. In addition, every year he offers his students as volunteers to aid in not only the work PedNet does, but countless other organizations around Columbia. He is always willing to offer his time for the programs and events we host to ensure the success of an organization he believes in.

Co-worker and friend, Gina Ceylan, further explains his dedicated involvement on the MU campus by saying, "When we were getting the campus groups for students with disabilities started, he was there. When those groups wanted to put together events, he helped us make it happen and get the word out. Since the beginning of Celebrate Ability Week, he has always been there for the planning and the big days- not just the fun stuff either; he's there through all the nitty gritty confusing stuff...He's also tackled countless little advocacy projects around campus, the latest of which is pushing for audible pedestrian signals around campus crosswalks."

This nomination has only just touched the surface on the central role he plays in making Columbia and the state of Missouri a healthy, active place for everyone. Through all of the remarkable work he does for the community he has such a humble, gracious personality. Gina sums it up nicely by saying "He sets a really good personal example too, struggling with countless challenges of his own but still staying true to his vision and his purpose, taking good care of his friends and himself. He's always striving to be his best, and do his best for as many people as he can. And that drive is contagious, in a good way."